

My Heart

COPPER KNOB
STEPPEDETS

拍數: 34 牆數: 4 級數: Beginner
編舞者: Bente Andersen (DK) - June 2018
音樂: Hold a Candle - Jessie James Decker : (iTunes)



#16 Count Intro

RHUMBA BOX FORWARD, RHUMBA BOX BACK

1&2 Step R to the right, step L next to R, step R forward
3&4 Step L to the left, step R next to L, step L back
5&6 Step R to the right, step L next to R, step R back
7&8 step L to the left, step R next to L, step L forward

SIDE TOGETHER, STEP ¼ R, STEP ¼ CROSS, SCISSOR STEP R , SCISSOR STEP L

1&2 Step R to Right, step L next to R, step R ¼ to right.
3&4 step L forward, turn ¼ to R, step L across R
5&6 Step R to right side. Step L beside right. Step R across front of L.
7&8 Step L to left side. Step R beside L. Step L across front of R.

RHUMBA BOX FORWARD, RHUMBA BOX BAG

1&2 Step R to the right, step L next to R, step R forward
3&4 Step L to the left, step R next to L, step L bag
5&6 Step R to the right, step L next to R, step R bag
7&8 step L to the left, step R next to L, step L forward

MAMBO STEP FORWARD, COASTER STEP BAG, STEP ¼ CROSS, SIDE ROCK CROSS

1&2 Rock forward on right, recover onto left, step right back
3&4 Step back on left, step right beside left, step forward on left
5&6 Step R forward, turn ¼ to left, step R across L
7&8 Rock L to left, recover to R, step L across R

SWAY RIGHT, SWAY LEFT

1-2 Step R to right and sway hips R to right , sway hips L to left

Restart wall 5: dance 32 count, then Restart - kl. 3.

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